

# Kids Korner Newsletter



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

Russell County Cooperative  
Extension Service

2688 HWY 127

Russell Springs, KY 42642

Phone: (270) 866-4477

Fax: (270) 866-8645

[russell.ca.uky.edu](http://russell.ca.uky.edu)

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A newsletter designed with parents of young children in mind

## Securing Common furniture and Household Items Could Save Your Child's Life

By Nicole Peritore, UK Extension Specialist for Family Health



Televisions and their stands, chests of drawers, refrigerators, stoves... we all have them. But did you know all of them could pose serious danger to your children, if they are not properly secured? This is especially true for those who have toddlers or young children who love to climb and explore.

According to the U.S. Consumer Product Safety Commission, one child died every two weeks between 2000 and 2010 as the result of furniture, a TV or appliance falling on top of them. The commission estimates more than 22,000 children 8 years old and younger were treated in hospital emergency rooms from injuries sustained by accidentally pulling a heavy household item over on themselves between 2008 and 2010.

Securing large, heavy objects like TVs to either the wall or the floor can help keep your child safe from such an accident. Mounting brackets are available at most appliance, large retail and hardware stores. Most new furniture now comes with anti-tip brackets.

If you're unable to anchor these items, you can still take precautions to protect your child. Place TVs on low, sturdy bases. If TVs must be placed on top of furniture, make sure the furniture piece is sturdy enough to hold the device and push the TV as far back as possible to make it harder for children to reach.

Mirrors attached to dressers could also pose a falling hazard. Securing it to the wall can help ensure that the mirror will not fall over if the dresser is bumped.

Never leave any item, such as a remote or toys, on top of a heavy household object as it may tempt children to climb on top of something to reach it. Keep all drawers of dressers and chests closed. If left open, they may provide an enticing pathway for children to climb on. Make sure your TV and cable cords are out of reach of children, as pulling on these cords can easily topple the large electronics.

When purchasing household appliances, make sure those that come with anti-tip brackets have the brackets properly installed.

Never leave your child alone in a room where these safety precautions have not been taken.



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Kid Approved Recipes



170 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 41 total carbohydrate; 2g dietary fiber; 36g total sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

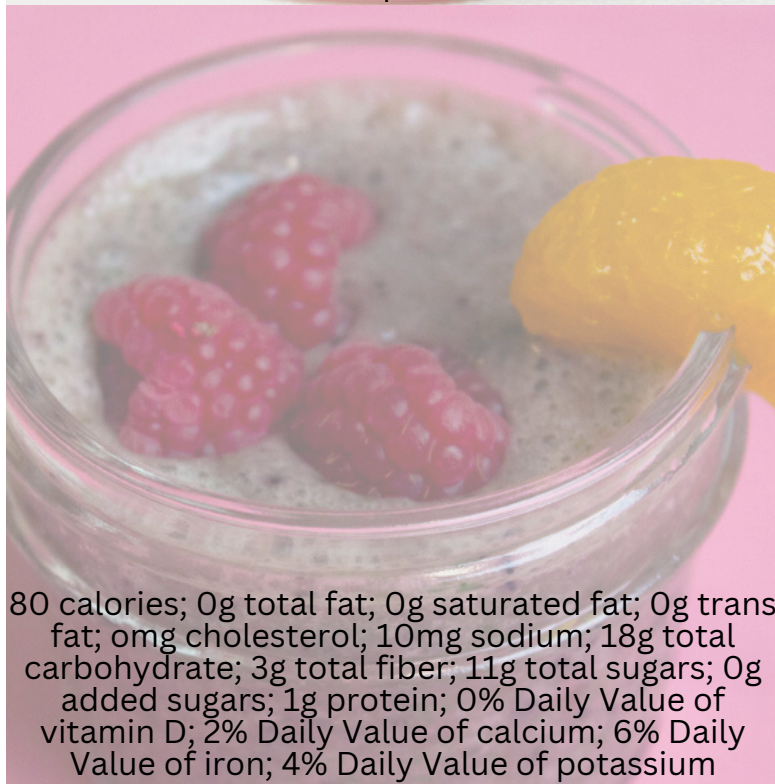
## Spring Layered Fruit Salad

### Ingredients

- 1/2 Cup Peaches
- 1/2 Cup Red Grapes
- 1/2 Cup Vanilla or fruit flavored low fat regular or whipped yogurt

### Directions

1. Choose fresh, frozen, or canned fruit
2. Using a clear 9-ounce cup, layer fruit and yogurt



80 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 10mg sodium; 18g total carbohydrate; 3g total fiber; 11g total sugars; 0g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

## Berry Smoothie

### Ingredients

- 1 cup fresh spinach
- 1 very ripe banana
- 1 cup orange juice
- 1 cup fresh or frozen mixed berries
- 1 cup ice (optional)

### Directions

1. In a blender, add spinach, banana, and orange juice. Blend until smooth.
2. Add berries. Blend until smooth.
3. For a cooler treat, add ice and blend until smooth.
4. Serve immediately.

# Plan. Eat. Move.

Scan the QR code for more kid friendly recipes



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Sincerely,

**Russell County Extension Agent for Family & Consumer Sciences Education**

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